

THE Spacemaker

NEWSLETTER

VOL. 1, No. 9

McClellan Air Force Base, CALIF. (<http://www.mcclellan.af.mil/PA/spacemaker.html>)

MARCH 9, 2000

TAKE NOTE

Lieutenant colonels selected

Congratulations to the following lieutenant colonel selectees: Richard Spencer, 77th Communications Squadron commander; David Arreola, Organizational Health; Christy Martin, 77th Medical Group and Samuel Arroyo, Contracting Directorate.

Chief's induction ceremony

The McClellan Air Force Base Chief's Group will hold its annual Chief's Induction Ceremony March 17, at the McClellan Community Center. Senior Master Sgt. John J. LaForgia has been selected for promotion to Chief Master Sgt.; the Air Force's highest enlisted grade.

Brig. Gen. Michael P. Wiedemer will also be inducted as an honorary chief.

Social hour will begin at 6 p.m. with dinner following at 6:30 p.m.

Free child care will be provided for the ranks of E-5 and below for this function by the McClellan Child Development Center.



U.S. Air Force photo by Alica Doyle

HQ commander visits McClellan

Gen. George T. Babbitt, Air Force Materiel Command commander, conducted a reenlistment ceremony for Tech. Sgt. Edmund Shreffler, 652nd Combat Logistics Support Squadron, during his farewell tour, Tuesday. He also presented 21 command awards during a luncheon at Club McClellan. Babbitt is touring AFMC bases in anticipation of his retirement in April.

AFAF continues campaign

By Jennifer Vargas
Staff Writer

The 2000 Air Force Assistance Fund campaign kicked off last week and runs through March 31. "Commitment to Caring" is the campaign's permanent theme.

Last year's contributions totaled nearly \$4 million. The Air Force goal for the 2000 AFAF Campaign is \$3.4 million.

The goal for McClellan Air Force Base is \$21,000, according to Maj. Donna Clark, McClellan Air Force Base installation project officer.

The annual AFAF campaign raises money for four charitable organizations benefiting active-duty, Reserve, Guard and retired Air Force people and their families, including surviving spouses and their families.

"This is an incredible opportunity for the folks on McClellan to give to the military community – locally and abroad," Clark said. "The Air Force Assistance Fund is an easy way for people and organizations to provide help to others in times of need."

The organizations are:

■ The Air Force Aid Society — The official charity of the Air Force, which can be accessed worldwide for emergency financial assistance. The top priority is assistance to active duty members and their families, but consideration is given to assisting retirees and widows on a limited, case-by-case basis. Air Force Reserve and Air National Guard members on extended active duty under Title 10 U.S.C. can also be eligible for emergency assistance when circumstances warrant. The Air Force Aid Society also offers education assistance programs, and an array of base level community enhancement programs. Information on programs and eligibility can be obtained by calling the family support center at 652-5321 or its web site: www.afas.org.

■ The Air Force Enlisted Men's Widows and Dependents Home Foundation Inc. — The home is located at Fort Walton Beach near Eglin Air Force Base, Fla. The home foundation provides rent subsidy

See "AFAF" Page 2

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"Completing the mission of McClellan Air Force Base with professionalism and honor"

Action Line

643-3344

Action Line

77 ABW/CC

5241 Arnold Ave.

McClellan AFB, CA

95652-1086

77abw.actionline@mcclellan.af.mil



Base Phone Numbers

AAFES.....	920-0537
Civilian Pay.....	643-6727
Civil Engineering.....	643-5624
Civilian Personnel.....	643-5838
Commissary.....	643-4954
Base Police.....	643-6161
Family Support.....	643-1106
Focus Center #1.....	643-5661
Fraud, Waste & Abuse.....	643-6000
Housing.....	643-6221
Legal.....	643-3150
Lodging.....	643-6223
Medical Appointments.....	643-8400
After Hours.....	643-7212
TRICARE Service Center.(800) 242-6788	
Military Equal Opportunity.....	643-3322
Military Pay.....	643-6965
Military Personnel.....	643-1094
Public Affairs.....	643-6127
Retiree Activities.....	643-2207
Security Forces.....	643-6160
Services.....	643-6660

Speed limit remains

Q I believe that the speed limit could be raised on Dudley Loop to 35 miles per hour from the current place where it changes to 25 miles per hour at the end of Magpie Creek, intersection of Dudley Loop and Arnold Avenue.

There is negligible cross traffic in this area now, and even less pedestrian traffic, so I do not think safety is an issue.

The cost to do the change would be minimal. From the speed limits I have seen on other Air Force facilities throughout the na-

tion, such a change would be entirely reasonable.

A Thank you, for your concern in this matter. Considering the many changes and population shifts affecting McClellan Air Force Base as we move toward closure, we do not see a compelling reason to raise the speed limit at this time.

The base population is declining but development of McClellan will introduce new users to the base.

Posted speed limits will help ensure a much-needed margin of safety.

AFAF from front page

and other support to indigent widows and widowers of retired enlisted people who live among peers sharing memories of Air Force life without the stigma normally associated with subsidized housing facilities. Those eligible are widowed spouses, 55 and older, whose spouses were retired enlisted persons from the regular Air Force, Air National Guard or Air Force Reserve. For additional information, send e-mail to afewh@emerald-coast.com

■ The Air Force Village Indigent Widows' Fund — The Village, located in San Antonio, Texas, is a life-care community for retired officers, spouses, widowed spouses and family members. The indigent widows fund provides support to indigent widowed spouses of Air Force officers. For more information visit their web site at www.airforcevillages.com

■ The General and Mrs. Curtis E. LeMay Foundation — Not all indigent widows or

widowers want or are able to move to one of the retirement homes. The LeMay foundation provides rent and financial assistance to indigent officers' and enlisted widowed spouses in their own home and community.

For more information visit their official worldwide web site at www.afvw.com/lemay.html

Donations to the AFAF campaign can be made through cash, check or payroll deduction. Contributors may designate their contributions to one or more of the four charities and 100 percent of their AFAF contribution is passed to those charities.

Contributions to the annual AFAF are deductible for federal income tax purposes as an itemized deduction.

For more information, visit the official web site at www.afpc.randolph.af.mil/votefund, and select "Fundraising." For more information regarding the campaign, call Maj. Donna Clark, project officer, at 633-5412.

SPACEMAKER

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SPACEMAKER

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(916) 643-6100

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Air Force Vision

"Air Force people building the world's most respected air and space force ... global power and reach for America"

Air Force Materiel Command Vision

"Quality Systems for America's Air Force"

Sacramento Air Logistics Center Vision

"Completing the mission of McClellan AFB with professionalism and honor"

Dad's lifelong 'investment'; reason to stay in service

By Lt. Col. Ed O'Dell

Commander, 88th Communications Squadron

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — Retention is a big issue nowadays, with lots of young troops leaving the service for jobs in civilian business and industry. But there are so many good reasons for staying in the Air Force.

Air Force Personnel Center has prepared a "Fact Sheet On Air Force Benefits" found on the Internet at <http://www.afpc.randolph.af.mil/enlskills/benefits.htm> that spells out all the good reasons why members ought to think twice before chucking the investment they've made in their Air Force career.

The litany of benefits is familiar: retirement at 50 percent of basic pay for life after only 20 years of service. Thirty days of paid vacation a year — starting the first year of employment. Tuition assistance and many other educational programs. Commissioning programs for enlisted personnel. Free athletic facilities and sports programs. Free transition assistance when it's time to separate or retire. And on and on. I've been around the military my entire life. My dad is a retired Navy E-7, a chief petty officer. Even as a kid I was aware of the benefits available to my family because of what my dad did for a living.

I remember as a kid going to kindergarten, school, swimming, Little League baseball, the library, bowling alley, and much more on base. I got my polio shots, seems like a lot of them, at the base hospital. When I was sick, my parents took me to "sick bay" as the Navy called its primary care clinic. We lived on base. We attended services at the chapel. My first job was as a commissary bagger — followed by many other jobs around the base.

Talk about benefits: my dad is up in years now, but he continues to draw his military retirement check, just as he has every month since 1960. Thanks to cost of living adjustments, he now receives much more each month than he was paid while on active duty.

Now he draws two pensions, though only his military pension increases over time, plus social security. You can be sure my dad believes that staying in the service for 20 years was the best thing he ever did for his family's financial security. For many people, benefits such as the military's retirement plan are not enough to keep them in. The allure of America's dynamic economy is overwhelming for many talented individuals, particularly those with the

most sought-after and well-paid skills.

Our people are smart. They know they need to do what's right for themselves and their families. Many decide that turning in their blue suit is the right way to do that — after four, six, even 10 or more years of service. Things work out great for most of them.

Unfortunately, for many the transition is a rude awakening —

limited vacation time, lack of job security, an employment culture that does not reflect the values they developed and lived by while on active duty, and out-of-pocket expenses for everything from relocations to health care.

The tangible benefits of military service are numerous and great — but not enough to keep all too many of our "best and brightest" from leaving for the promises of civilian life.

There is one other benefit I haven't mentioned, and it's the greatest of all. Because it's an intangible it has no dollar value associated with it, so it doesn't factor well in the "what's best for my future?" calculus that leads many members to decide to separate.

That benefit is the opportunity to know that not only are you earning a decent living with many great benefits, but that you are part of an honorable profession and

doing something important for America. There are few civilian careers that offer that benefit. That makes what we're doing pretty unique, and it makes Air Force service attractive to those who look beyond the dollars-and-cents angle. I'm glad I grew up as a military "brat."

Not only did I have great times hanging out around the base and opportunities for after school jobs, but I always felt my dad did important work. He wore a uniform, he served his country, and he was very proud of what he did. He still is. He was military, and darn proud of it. Our family scrapbook contains photos of him at key points in his career — working his way up through the ranks. His pride radiates from each of those old black-and-white prints. A wood carving of his chief petty officer rank proudly greets visitors to his home. He still enjoys the company of his old "shipmates" in the Fleet Reserve Association. When he passes on, he'll be buried in his uniform, because it represents his greatest achievements. My dad cared about his family's financial security as much as the next guy, but I have no doubt that the intangible benefit of serving America meant — and continues to mean — a great deal to my dad. And me. (AFMCNS)

"There is one other benefit I haven't mentioned, and it's the greatest of all ... That benefit is the opportunity to know that not only are you earning a decent living with many great benefits, but that you are part of an honorable profession and doing something important for America ... That makes what we're doing pretty unique, and it makes Air Force service attractive to those who look beyond the dollars-and-cents angle. I'm glad I grew up as a military 'brat.'"

-- Lt. Col. Ed O'Dell

Commander, 88th Communications Squadron

Mandatory travel card extended to May 1

By Jim Garamone
American Forces Press Service

WASHINGTON — Service members and Department of Defense civilians now have until May 1 before use of the government travel credit card is mandatory, DoD officials said today.

DoD is one of a number of agencies given two extra months to implement the program, said Nelson Toye, DoD's deputy chief financial officer.

William J. Lynn, undersecretary of defense, comptroller, signed the memorandum announcing the extension March 1.

"Within DoD the primary reason for the delay is that we were so late receiving the guidance," Toye said. "Our components came back to us and asked for an extension. When we applied to the General Services Administration, they were willing to grant us the extension."

Toye said that GSA officials made it clear there "would be no more extensions."

Toye's guidance in the meantime to DoD finance officials is to implement the travel card program to the extent possible.

He said the extension does not mean Congress is rethinking the policy. It has just taken longer than expected for government agencies to work out the details.

DoD issued new policies in mid-February to implement travel card requirements in an amendment to the Federal Travel Regulation published by the GSA in the Jan. 19 Federal Register. The amendment implements requirements in the Travel and Transportation Reform Act of 1998. The Defense Department began using travel cards in 1983 to pay for lodging, transportation, rental cars and other allowable expenses. The current contractor is Bank of America VISA.

The new travel card rules will be included in Volume 9, "Travel Policy and Procedures," of the DoD Financial Management Regulation DoD 7000.14-R.

For more information on DoD's travel card program, visit the Defense Finance and Accounting Service Web site at www.dfas.mil or the Bank of America site at www.bankofamerica.com/government

NEWS BRIEFS

RIF notices delayed

Because of higher priority issues being worked by the Air Staff, approval to issue Reduction In Force notices, Monday, will have to be delayed until March 20.

For more information, call Evelyn Kidwell at 643-5845.

Nutrition information booth

The McClellan Health and Wellness Center will have a nutrition booth Wednesday from 11 a.m. to 1 p.m. at the commissary and March 22 from 11 a.m. to 1 p.m. at the base exchange. HAWC personnel will answer questions and provide nutritional information and handouts.

Utility outage scheduled

The following buildings will experience a disruption in **electrical service** Sunday from 7 a.m. to 4 p.m.: Bldgs. 680, 687, 698, 707, 708, 724, 751, 752, 753, 754, 755, 762, 763, 764, 765, 766, 767, 768 and EM pump. The scheduled utility outage or disruption may be postponed due to weather conditions.

For more information, contact Jim McCarthy, 77th Support Group, Civil Engineering at 643-5715.

Clinic closed March 30

The McClellan Clinic will close March 30, at noon for annual training. For emergencies call 911 immediately. For urgent care, dial 643-7212 and select option #4 (care after duty hours) and follow the instructions. The clinic will resume normal hours, 7:30 a.m. to 4:30 p.m. March 31.

For more information, call the Business Operations Flight at 643-8055.

NCO Academy graduates, promotees reach new goals

■ March Senior Noncommissioned Officer Academy Class 00-B graduates: Master Sgt. Loida C. Anderson, Sacramento Air Logistics Center and Master Sgt. Roberto C. Plizga, 77th Mission Support Squadron.

■ February Noncommissioned Officer Academy Class 00-2 graduates: Tech. Sgt. Charlotte Coisman, 652nd Combat Logistics Support Squadron; Tech. Sgt. Michael S. Durand, 938th Engineering Installation Squadron; Tech. Sgt. Jack A. Wilderman, 652nd CLSS; and Tech. Sgt. Jeffrey D. Williams, 77th Communications Squadron.

■ March enlisted promotees:

Master Sergeant: Eduardo U. Garcia, 77th MSS; Annette J. Gear, 77th MSS; Scott R. Porter, 938th EIS.

Technical Sergeant: Marcelo V. Bayquen, 77th Medical Support Squadron; Sona Gokool, 77th MDSS; David J. Trudel, 77th Security Forces Squadron.

Staff Sergeant: David C. Anderson, 77th CS; Michael K. Hoffman, 77th MSS; Scott E. McElroy, 77th SFS; Floyd G. Recto, 652nd CLSS; Anthony J. Soto, 77th MDSS.

Airmen 1st Class: Crystal S. Donahue, 77th MSS.

■ February promotees:

Senior Airmen: Theresa L. Cline, 77th CS; Anthony J. Harper, 77th MSS; Brian D. Heath, 77th CS; Justin M. Hornback, 938th EIS; Enrique O. Jones, 77th MSS; Kim R. Matthews, 938th EIS; Erik A. Mooneyhan, 938th EIS; Khaleelah A. Wagner, 77th MSS; Crystale A. Wright, 77th MSS.

■ November promotee:

Laytonya D. Jones, 77th SFS.

Comptroller Directorate wins AFMC, AF awards

Story and photo by **Sandra Kosmatin**
Staff Writer

The Comptroller Directorate has done it again. This year the directorate has won not one, not two but six Air Force Materiel Command awards. And the awards don't stop there -- the directorate also won three additional Air Force level Special Acts and Services awards.

"The command is fortunate to have a very talented, innovative and dedicated group of financial and resource professionals here at Sacramento," commented Kathern Gaskins, comptroller. "Bringing a more than \$4 billion business to completion is a process that could be marked by financial disasters."

"These professionals are seeing to it that such problems don't occur," said Gaskins. "They are effectively working the normal mission and the closure issues too."

"They are a great group of folks, and make us proud daily!" she added.

1999 Air Force Materiel Command Financial Management and Comptroller Organization of the Year award

The Comptroller Directorate is responsible for providing outstanding mission support throughout 1999 despite extreme disruptions caused by base closure actions, drastic manpower reductions, aggressive mission divestiture schedules and Kosovo depot surge operations.

Praised by headquarters AFMC and gaining centers, FM has ensured future financial integrity of more than \$4.5 billion in Air Force funds by crafting a superb mission divestiture plan with detailed termination and transfer of 240 critical mission tasks.

"We continue to support the mission and the closure process because our people are team players," said Mike Anderson, deputy comptroller. "They not only look at what our workload is, but also that of the gaining centers."

1999 AFMC Special Acts and Services awards

This is the third year a division within the Comptroller Directorate will take home this award. For the past two years the Logistics Systems Management Division won the

AFMC and AF Special Acts and Services award. This year, the Logistics Systems Management Division shares recognition with the Requirements and Budget Integration Division.

The Special Acts and Services award was given to three different teams within FM. These teams include the Comptroller Materiel Team, the Contract Closure Team and the Financial Applications Integrity Team. In addition to the AFMC awards, these three teams went on to win the fiscal year 1999 Air Force level Financial Management and Comptroller awards.

The Comptroller Materiel Team was responsible for developing and implementing the Sacramento and Ogden transfer procedures handbook. The handbook was critical to achieving the most efficient, cost effective Depot Maintenance Activity Group means of transitioning DMAG parts, assets and computer data to Hill Air Force Base. It allowed McClellan Air Force Base to recover \$22.3 million in material costs for the transferred competition workload.

The Contract Closure Team is to be commended for developing an innovative, systemic process to transfer accounting records between the defense accounting and finance system-operating locations. The team also developed a complex computer database that identified the universe of open accounting records to be transferred. The database encompassed 15,626 records and totaled \$2.5 billion.

"I feel very fortunate to be part of such a dedicated team of professionals," said Sherri Fernandez, supervisory budget officer for the Operations, Maintenance and Procurement Branch. "We couldn't have made this transition process happen without the tremendous support we've received from everyone at this Center."

The Financial Applications Integrity Team was responsible for developing and deploying a comprehensive process to verify the accuracy and reliability of selected financial application data.

"The real success of our team was to identify those applications which required system enhancement and written desktop procedures. The end result was an improvement



Ursula Burns (left), Bill Farris (center), Ron Kelley (standing) and Linda Courtemanche (right), members of the Financial Applications Integrity Team, review procedures and a data flow diagram.

in the way the applications functioned and the users' understanding of the data flow process," said Linda Courtemanche, lead project officer for the Financial Applications Integrity Team.

1999 AFMC Financial Services Officer of the Year award

Capt. Darral Brown, financial services officer in the Financial Services Division, is being recognized for overcoming all obstacles in winning total agreement with Hill Air Force Base in accepting our proposals for how to handle the transfer of a monumental number of financial records. In addition, he continually provides superior support to civilian and military members for pay and travel transactions. Brown has also streamlined the civilian Base Realignment and Closure Commission Permanent Change of Station process, eliminated over-payments and freed up more than \$100,000 in war fighting dollars.

1999 AFMC Quality Assurance Manager of the Year

Master Sgt. Cyril Ollano, quality assurance manager in the Financial Services Division, is renowned across the Air Force for his unrivaled knowledge and technical expertise regarding provisions of the joint travel regulation. He is considered a visionary strategic thinker and has a relentless desire to improve work processes. Ollano recently took his talents to Kunsan Air Base, Korea, after receiving permanent change of station orders.

FOCUS CENTER

This section contains some of the job announcements available at the McClellan Air Force Base FOCUS Center. For additional information, contact the FOCUS Center, Bldg. 9, at 643-5661. The center is open until 7 p.m. Thursdays.

Position: Office Support Assistant (Office Automation), GS-303-05/06
Annc#: 6-97-250-0
Close: March 13
Location: Sacramento, CA
Agency: Dept of Agriculture
POC: Jackie Miles (612) 370-2098
Remarks: See note

Position: Secretary (Office Automation), GS-318-06
Annc#: FWS1-00-048
Close: March 22
Location: Sacramento, CA
Agency: Fish & Wildlife
POC: (503) 231-6136
Remarks: See note

Position: Secretary (Typing), GS-318-04/06
Annc#: 00-09-HPRF-01
Close: March 15
Location: Sacramento, CA
Agency: Drug Enforcement Administration
POC: Terry Phelps (202) 353-7017
Remarks: See note

Position: Program Manager, GS-340-13
Annc#: FSA-KCMO-0-0156
Close: March 17
Location: Davis, CA
Agency: Farm Service Agency
POC: (816) 926-6781
Remarks: See note

Position: Building Manager, GS-1176-11/12
Annc#: 0091199
Close: March 10
Location: Sacramento, CA

Agency: GSA
POC: Christopher Wright (415) 522-2675
Remarks: See note

Position: Computer Specialist (Supervisory), GS-334-12
Annc#: FWS1-00-044
Close: March 16
Location: Sacramento, CA
Agency: Fish & Wildlife
POC: (503) 231-6136
Remarks: Position may be filled as; Biologist, GS-401, or Geographer GS-150, or Computer Specialist, GS-334. See note

Position: Warehouse Examiner, GS-1850-07
Annc#: FSA-KCMO-0-0175
Close: March 16
Location: Yuba City, CA
Agency: Farm Service Agency
POC: (816) 926-6781
Remarks: See note

Position: Medical Records Administrative Specialist, GS-669-05/09
Annc#: VA-1-00-0329
Close: March 13
Location: Sacramento, CA
Agency: Veterans Administration
POC: Adriana Gracias (310) 268-4150
Remarks: See note

Position: Construction Management Specialist, GS-301-05/07/09/11
Annc#: FS-JL-0-0103
Close: Indefinite
Location: Willows, CA
Agency: Bureau of Reclamation
POC: (415) 744-5627
Remarks: See note

Position: Secretary (Office Automation), GS-318-05/06
Annc#: VIN FS100205
Close: March 10
Location: Sacramento, CA
Agency: Fish & Wildlife

POC: (415) 744-5627
Remarks: See note

Position: Equipment Specialist (Electronics), GS-1670-11
Annc#: 0091167
Close: March 10
Location: San Francisco, CA
Agency: GSA
POC: Leslie Shaw (415) 522-2667
Remarks: See note

Position: Supervisory Economist, GS-110-13
Annc#: BOR-MP-00-0046 (DEU)
Close: March 20
Location: Sacramento, CA
Agency: Bureau of Reclamation
POC: Inga Hall (916) 978-5471
Remarks: See note

Position: Health Technician (Office Automation), GS-640-04
Annc#: DEA-098-00
Close: March 21
Location: Sacramento, CA
Agency: Navy Field Offices
POC: (619) 615- 5598
Remarks: See note

Position: Office Assistant (Office Automation), GS-303-05
Annc#: FWS1-00-049
Close: March 16
Location: Sacramento, CA
Agency: Fish & Wildlife
POC: (503) 231-6136
Remarks: See note

NOTE

■ Copies of the vacancy announcements are available in the FOCUS Center. Review the announcement and contact the agency for KSA's and/or additional information.

CAREER FAIR SET FOR SATURDAY

The 11th annual California Works 2000 career fair is set for Saturday from 10 a.m. to 3 p.m. at the city of Folsom Community Center. More than 60 employers representing various career opportunities will be available to discuss job positions. Employers

will be from area City and County agencies, Federal agencies, State agencies, colleges and universities and private sector companies.

For more information, call the FOCUS center at 643-5661.

Movies



Movies start at 7 p.m., unless otherwise noted, in Bldg. 1417. Movies are subject to change.

Magnolia - Friday

Starring: Jason Robards, Julianne Moore and Tom Cruise

On one random day in the San Fernando Valley, a group of strangers through a collusion of coincidence, chance, human action, shared media, past history and divine intervention will weave and warp through each other's lives on a day that builds to an unforgettable climax. (R - strong language, drug use, sexuality and some violence)

The Hurricane - Saturday and Sunday

Starring: Denzel Washington, Deborah Unger, Vicellous Shannon and John Hannah

In June 1966, Rubin "Hurricane" Carter was a strong contender for the middleweight boxing title. When driving home from a nearby club, Carter was erroneously arrested for the murders and sentenced to serve three life terms in prison. Several years later, Carter's published memoir, *The 16th Round*, inspired a Brooklyn teenager and three Canadian activists, who believed in the truth, to join forces with Carter to prove his innocence. Their extraordinary efforts, commitment and love ultimately secured his release. (R - language and some violence)

Youth Center

■ **Today:** Open recreation, 2-6 p.m.; open gym, 2-3 p.m.; open snack bar, 2-6 p.m.; advanced gymnastics, 3:15-4:15 p.m.; Tae Bo aerobics, 6:15-7:15 p.m., ages 11 and up, free. Moms, Pops, and Tots; 10-11 a.m.

■ **Friday:** Open recreation, 2-6 p.m.; open snack bar 2-6 p.m.; open gym, 2-6 p.m.; Skate Night, 6:30-9 p.m., ages 9-12, members \$2, nonmembers \$4.

■ **Saturday:** Open recreation and snack bar from noon to 5 p.m. Basketball games begin at 10 a.m.

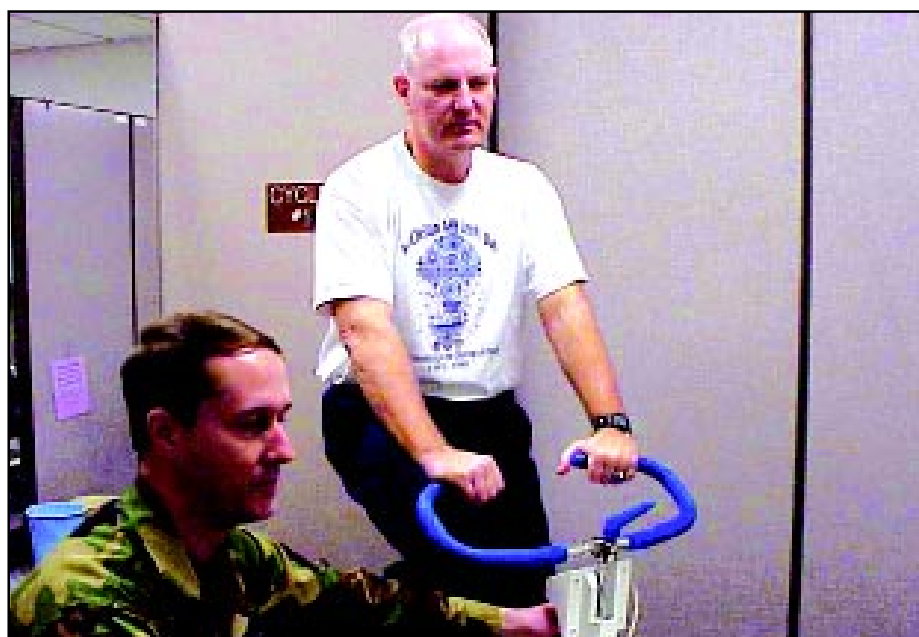
■ **Sunday:** Closed

■ **Monday:** Open recreation, gym and snack bar, 2-6 p.m.

■ **Tuesday:** Open recreation, 2-6 p.m.; open gym, 4:15-6 p.m.; open snack bar, 2-6 p.m.; beginning gymnastics, 3:15-4:15 p.m.

■ **Wednesday:** Open recreation, 2-6 p.m.; open gym, 2-5:15 p.m.; open snack bar, 2-6 p.m.; beginning dance lessons, 5:30-6:30 p.m.

Office hours are Monday-Friday, noon-6 p.m.



U.S Air Force photo by Alica Doyle

General tests aerobic fitness

Brig. Gen. Mike Wiedemer, SM-ALC commander, starts his annual cycle ergometry test while being monitored by Master Sgt. Bill Klussmann, 77th Mission Support Squadron. Since the cycle ergometry test uses heart rate response to exercise, unlike the mile-and-a-half run, the bike test looks at a person's heart rate rise in response to given work loads. The cycle ergometry test became the Air Force's new fitness barometer in the early 1990s and is now the standard means of determining whether active duty and reserve airmen are in proper shape.

March activities from the Family Support Center

MOMS AND TOTS PLAY GROUP, every Thursday from 10-11 a.m. at the Youth Center

PARENTING CLASS, every Friday from 4-5 p.m. in the Community Support Center classroom

EXPLORING RELATIONSHIPS, every Friday from 5-6 p.m. in the Community Support Center classroom

ANGER MANAGEMENT CLASS, every Monday from 1-3 p.m. at the base library

JOB SEARCH SEMINAR, Tuesday from 8 a.m. to noon in the Community Support Center classroom

LIFE SKILLS SEMINAR, Wednesday from 8-11 a.m. in the Community Support Center classroom

TAP SEMINAR, March 20-23 8a.m. to 3:30 p.m. in the Community Support Center classroom

RESUME WRITING SEMINAR, March 28 from 8 a.m. to noon in the Community Support Center classroom

LEARN class begins March 16 at the HAWC

Are you interested in losing weight and living a healthy life style?

The Lifestyles, Exercise, Attitudes, Relationships and Nutrition class is a 14-week program that meets weekly for one hour.

The next class begins March 16 from 3-4 p.m.

To register or for more information, call the Health and Wellness Center at 643-4648.

Cancer prevention class set for March 23

Are you interested in a healthy life style for cancer prevention?

Join the Health and Wellness Center and Foundation Health Federal Services for an informative class, "Cancer Prevention Through Healthy Living" March 23 from noon to 1:30 p.m. in Rafferty Hall, Bldg. 1403.

For more information or to sign up for the class, call the McClellan Health and Wellness Center at 643-4648.

March marks National Nutrition Month

Commentary by Frankie Cox

437th Medical Group

CHARLESTON AIR FORCE BASE, S.C.— March is National Nutrition Month, and this year's theme is "Food and Fitness: Health for a Lifetime."

Proper nutrition and physical activity are important at every stage of life, so healthy eating and exercise go hand-in-hand with good health. Healthy eating fuels physical activity at every stage of life. Healthy eating is all about what's right for you. You need to make good healthy choices that fit into your stage of life and life style.

The dietary guidelines for Americans offer bottom-line advice and are the most current thinking of today's health professionals. They are meant to help all healthy people, ages two and older, make food choices that maintain and/or improve health. Decisions you can control over a lifetime can promote your health and quality of life. The sooner you start the better. All foods fit into a healthful eating plan. There is no "bad" food — all foods can fit. Make sure you consider variety, balance and moderation as keys to eating healthy. It is important to eat a wide variety of foods because no one food or food group supplies all the nutrients your body needs. Each week try one new food or recipe. When eating out, order something you've never tried before.

Having a good balance of your nutrient intake means eating enough, but not too much. Moderation means controlling the number of calories along with your intake of total fat, saturated fat, cholesterol, sodium, sugar and alcohol. Food and activity choices are personal. Choose nutrient-dense foods that are flavorful and ones that match your own preferences, needs, and life style — even if and when your life and family situation changes. Good nutrition starts with you. Whether at home, at work, or dining out, good nutrition can and should be a part of your life style.

It's important to balance healthful eating and physical activity. Each day participate in physical activities that you like to do. You have to like what you're doing in order to stick with it. At least 30 minutes a day is recommended, but it need not happen all at once. Think about ways you may be able to incorporate more activity into your life. Even a few small changes in your eating and exercise habits can make a bit difference in how your look and feel.

Staying fit improves your chances for a higher-quality life. Being

fit, physically, emotionally and mentally, gives you a better chance at a higher quality of life and perhaps a longer life.

Fitness can help increase longevity and improve your self-esteem and ability to manage stress. You'll be more productive, safe at work, and better equipped to go through life. You never reach a point where it's too late to start leading a more active life. You can improve your quality of life at any point in your life by getting into the habit of regular physical activity.

Try to fit exercise and physical activity into your daily routine by also using the variety, balance and moderation keys:

VARIETY: Try different types of physical activities because you use different muscle groups.

BALANCE: Use weight bearing activities to strengthen bones, stretching and bending for flexibility, resistance exercises for muscle strength, and aerobic activities for cardiovascular endurance.

MODERATION: Have a minimum goal of 30 minutes of moderate-intensity physical activity over the course of the day, on most, if not all days of the week. You can benefit by charting your course toward achieving overall fitness. Learn and acquire eating and physical activity habits that you can live with for a lifetime. Gradual changes for health are often easier and more effective in the long run than trying to change everything at once. Take one month at a time — or even one-day at a time.

According to the U.S. Department of Agriculture, there are ten guidelines that point the way to good health.

AIM FOR FITNESS

- Aim for a healthy weight
- Be active each day

BUILD A HEALTHY BASE

- Let the Food Pyramid guide your food choices
- Choose a variety of grains daily, especially whole grains
- Choose a variety of fruits and vegetables daily
- Keep food safe to eat

CHOOSE SENSIBLY

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
- Choose beverages and foods that limit your intake of sugars
- Choose and prepare foods with less salt
- If you drink alcoholic beverages, do so in moderation (AFPN)

SWAP MEET

For Sale

Car -- 77 Mercedes 450SL, both tops, exc. cond., new interior, \$10,000. Call 923-3807 eves.

Editor's note: Swap ads are a free, space-available-only service for military members, civil service employees, retirees and associated family members possessing current ID cards. The ads must

be for the personal use of the card holder.

Only a home phone or address may be used in the ad; no base extensions or base e-mail addresses are allowed, except for dormitory residents (residential status must be stated on ad). Personal e-mail addresses will be accepted. Drop off ads at Bldg. 200, room 125. Swap ads will not be published without a signature.

The deadline is noon, Wednesday for possible publication in the following Thursday's issue. Only one Swap ad per household per week, up to 50 words, may

be submitted.

However, the ad can apply to more than one category, such as items wanted/trade, vehicles, furniture and yard sales. Spacemaker reserves the right to edit. No ads for money-making businesses, including daycare, or the sale of firearms or firearm accessories will be accepted.

To run a swap ad again, it must be resubmitted. For more information, call the Spacemaker at 643-6100.